



## THE PHYSICIAN'S *Bookshelf*

**GYNECOLOGIC AND OBSTETRIC PATHOLOGY**—With Clinical and Endocrine Relations—Fourth Edition—Emil Novak, A.B., M.D., D.Sc. (Hon. Trinity College, Dublin, Tulane), F.A.C.S., F.R.C.O.G. (Hon.). Late Assistant Professor Emeritus of Gynecology, The Johns Hopkins Medical School; Gynecologist, Bon Secours and St. Agnes Hospitals, Baltimore; Fellow and Past President, American Gynecological Society; and Edmund R. Novak, A.B., M.D., Assistant Professor of Gynecology, The Johns Hopkins Medical School; Gynecologist, Johns Hopkins, Bon Secours, Hospital for the Women of Maryland, and Union Memorial Hospitals, Baltimore, Md. Published by W. B. Saunders Co., Philadelphia and London, 1958. 650 pages, \$14.00.

W. B. Saunders Company of Philadelphia and London has just published a fourth edition of Emil Novak's "Gynecologic and Obstetric Pathology" to which the name of Edmund R. Novak has been added as co-author. One wonders why this has been done since this new edition essentially is a reprint of the third edition with very few minor changes in the text. It is fortunate, indeed, that this valuable treatise has not been disturbed materially for it is a classic as it stands and as such constitutes a living memorial to Emil Novak.

Aside from an occasional rearrangement of illustrations, the list of references has been augmented. Regrettably, the chapter dealing with common breast lesions of gynecologic interest has been dropped. The chapter concerned with abnormalities and diseases of the placenta previously authored by L. M. Hellman, appears now under the authorship of R. E. L. Nesbitt, Jr., who has made a few minor changes in the text and illustrative material. A valuable addition is a concise chapter on exfoliative cytopathology, authored by John H. Frost, which furnishes all the essentials for the better understanding of this diagnostic procedure.

Novak's Pathology is too well known to need any praise. Its final edition is a worthy tribute by the publishers to the memory of an indefatigable student.

LUDWIG A. EMCE, M.D.

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**CARDIOVASCULAR REHABILITATION**—Edited by Paul Dudley White, M.D., Massachusetts General Hospital, Boston; Howard A. Rusk, M.D., Director, Institute of Physical Medicine and Rehabilitation, New York-Bellevue Medical Center; Bryan Williams, M.D., Clinical Instructor in Medicine, Southwestern Medical School, University of Texas; and Philip R. Lee, M.D., Department of Internal Medicine, Palo Alto Clinic. The Blakiston Division, McGraw-Hill Book Company, Inc., New York, N. Y., 1957. 155 pages, \$6.50.

This book summarizes a conference held at the New York University-Bellevue Medical Center in May 1956. The 35 participants include many well-known teachers and investigators in cardiology and occupational medicine. The format of the panel discussion has been retained, making for readable, personal discussions organized into five chapters on emotions, work, and the practice, teaching and research in cardiovascular rehabilitation. There is no index, but an excellent reference section of 29 pages is included.

As emotions affect cardiovascular physiology, anxieties affect rehabilitation, obscuring or mimicking symptoms. Iatrogenic heart disease does not escape discussion.

Measurements of energy expenditures at work are shown to vary enormously with emotional and environmental stress. A skilled worker who likes his job, in a comfortable environment without tension, minimizes the metabolic cost of exertion. The total energy cost of the day, at work and at home, determines work tolerance and negates the rule, "work done in comfort is done in safety," particularly for those who retain salt and water and are awakened at night by acute pulmonary edema.

Although coronary disease does not make a better employee, those who return to work have less absenteeism than the average employee. Often patients with angina have fewer pains on the job than off.

The practice of cardiovascular rehabilitation requires an estimation of prognosis based on accurate diagnosis, and requires the physician to transmit to the patient the expectation of return to work. The role of the Cardiac Work Classification Units of the American Heart Association in educating physicians and employers in the feasibility of this expectation is stressed. These units teach the use of social workers and vocational counselors as consultants, not the abandonment of the patient to ancillary workers. Disability is a social, legal and economic term more than a medical one, related to the availability of jobs as much as to the skills and cardiac limitations of the patient; yet these limitations require that control of the patient be retained by the physician.

The book supplies little new knowledge, but illustrates how the application of available knowledge can result in great medical and social progress, and can add enormously to the effectiveness of the practicing physician. The principles of cardiovascular rehabilitation should permeate cardiovascular teaching at all levels.

VERNON C. HARP, JR., M.D.

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**URINE AND THE URINARY SEDIMENT**—Second Edition—Richard W. Lippman, B.S., M.D., Fellow of the John Simon Guggenheim Memorial Foundation. Charles C. Thomas, Bannerstone House, 301-327 East Lawrence Avenue, Springfield, Ill. 140 pages, \$8.50.

Completely revised and set from new type, this second edition follows closely the pattern successfully established in that of 1952. The three main divisions again are concerned with proteinuria and formed elements of the sediment, a precise account of the urine in various diseases, and methods useful in urinalysis. The subtitle "A Practical Manual and Atlas" indicates what well may be the volume's most enduring value, namely, a splendid series of colored photomicrographs of the urinary sediment. Nearly doubled in number since the first edition, the illustrations show the formed elements as these are found in many renal disorders. The reproductions are excellent, and the accuracy of identification and diagnosis is supported by the author's experience as a student and associate of Thomas Addis. The book is recommended warmly to all laboratory technicians, students and physicians.